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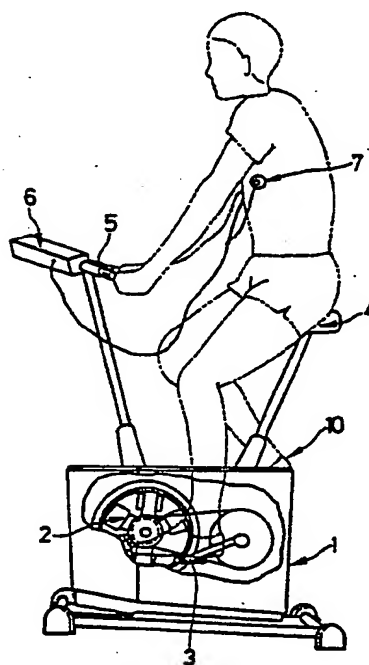
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⑤④ Training device and method of using same for rehabilitation.

⑤⑦ A rehabilitation training device and method in which a target heart rate is input, the heart rate is measured and a load in an ergometer operated by the person undergoing rehabilitation is changed accordingly. There are four steps in the training: (1) warm up - the load is increased to have the heart rate linearly approach the target value; (2) automatic - the load is varied to maintain the heart rate at the target; (3) interval - the load is alternated between its average value in the automatic step and a fraction thereof, and (4) cool-down-the load is gradually decreased.

**FIG. 1**



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